December 2013

What an interesting time of year this is! One year is coming to a close while a new year is right around the corner. The thoughts and emotions that are tied to this time of year can be a bit overwhelming. We often have very high expectations of how we should act, what we should do, how we should feel throughout this season. Feelings of happiness and sadness are often amplified throughout this time of year, but one thing we can hold on to is hope.

Several years ago I had the wonderful opportunity to hear a very uplifting speaker, Chris Trout, and since then I have been receiving his monthly messages. In the snowstorm of emails that we receive I rarely spend a great deal of time reading his message, but this year I’ve felt the need to seek out words of inspiration to lift my spirits. Chris’ most recent message, Embrace Hope, moved me so that I just had to share a segment of it with the members of NYSACCE4-HE. I am hopeful it will have meaning for you and you too will wish to share it.

“In this season of light, I wish you easy access to the light switch, that you might see...See the infinite abundance that surrounds you; See the hidden strengths in people who confound you; See the possibility buried in chaos; And see the beauty – the unique, one – of – a – kind, exquisite beauty – that is you.” chris@strengthsinfocus.com

These words rang true for me just last evening while in the midst of sickness and many individuals’ pain and sorrow we attended the Holiday Sing-a-long at my son’s elementary school. I must admit the experience was hectic, stressful and chaotic, but it was also beautiful. The “light switch” came on when we saw the smiles on the children’s faces, the excitement exuding from them, and the beautiful sounds of their voices confidently expressing themselves. It may be challenging at times to remember the abundance and possibilities, but we can help flick the light switch for each other. Many changes are upon us in Cornell Cooperative Extension and New York State 4-H. With the new year just around the corner let’s have hope together and draw on and recognize each other’s strengths throughout the process. As members of NYSACCE4-HE we have a unique perspective and we can be instrumental in a positive journey forward in the New Year.

Wishing you and your loved ones a season of light and hope, and as the room full children sang out last night, journey forward in the New Year.

Rachel

Nate Smith,
Wyoming County

Have you met?

Why did you join NYSACCE4-HE?
Being a part of NYSACCE4-HE helps me to understand what is going on in 4-H, learn about current trends and relevant issues and thereby equips me to better assist the 4-H Staff in Wyoming County.

Color? Blue

Book? – The Bible

Author? C.S. Lewis

Food? Bread/carbs in any form

Dessert? Warm apple pie a la mode

Hobby? Singing with blues bands in the Adirondacks

Family? I have four brothers and one sister! They are all very cool - mostly because they were/are 4-H members.

Other? The work that 4-H educators do is incredibly beneficial for youth in America. Keep up the great everyone!

Contact? nds36@cornell.edu or CCE Wyoming 585-786-2251 x128

Photo of the Month:

Wyoming County 4-H Staff elfin’ around—showing their holiday spirit!!

Elf Yourself video created by Nate Smith

Create your own video at http://www.elfyourself.com/

And if you’d like to see the whole Wyoming County video, which is HILARIOUS, contact Nate at the email above and I’m sure he’d be glad to share the link!

Quote of the Month:

“Respect your fellow human being, treat them fairly, disagree with them honestly, enjoy their friendship, explore your thoughts about one another candidly, work together for a common goal and help one another achieve it.” Bill Bradley

BEST WISHES,
VALERIE

New York State Association of Cornell Cooperative Extension 4-H Educators

If you have not submitted your membership form for 2013, this is your last issue of News and Views!!!!! Membership form is available at http://nys4h.cce.cornell.edu/staff/Pages/NYSACCE4-HE.aspx

October 26-30, 2014

From the membership of NYSACCE4-HE, we thank you for your service to New York State 4-H and wish you the best in your future endeavors.